

Radiogram No. 5179u

Form 24 for 02.10.03

Progress Unloading

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:35	FE-2	Post-sleep
06:10–06:20	CDR	Post-sleep
06:10–06:20	FE-1	MO-8 setup
06:20–06:50	FE-1	Post-sleep
06:20–06:30	CDR	Calf volume measurement
06:30–06:45	CDR	Body mass measurement
06:35–06:45	FE-2	Calf volume measurement
06:45–07:00	FE-2	Body mass measurement
06:45–07:05	CDR	Post-sleep
06:50–07:00	FE-1	Calf volume measurement
07:00–07:15	FE-1	Body mass measurement
07:00–08:00	FE-2	BREAKFAST
07:05–08:00	CDR	BREAKFAST
07:15–08:00	FE-1	BREAKFAST
08:00–08:05	FE-2	ACS CDMK CO2 read
08:00–08:05	FE-1	PLANTS-2: payload status check
08:05–08:20		Daily planning conference
08:20–08:30	FE-1	MO-8: closeout ops
08:20–08:50	CDR	Prep for work
08:30–08:50	FE-1	Prep for work
08:50–10:20	CDR, FE-1	Progress M-10 unloading and IMS audit
09:05–10:05	FE-2	Physical exercise (TVIS)
10:20–10:35	FE-1	URAGAN: photography of Kolka and Maili glaciers
10:45–12:30	FE-1	PROFILAKTIKA: veloergometer test
10:45–10:55	CDR	US LAB payload status check
11:00–12:30	CDR	Physical exercise (RED)
11:00–11:10	FE-2	ICE setup
12:30–13:30		LUNCH
13:30–16:30	CDR, FE-1	Progress M-10 unloading and IMS audit
15:20–16:00	FE-2	IMS file prep
16:00–16:30	FE-2	MSG tagup (S-band)
16:30–18:00	FE-2	Physical exercise (RED)
16:30–17:30	CDR	Physical exercise (TVIS)
16:50–17:00	FE-1	EVARM badge reader activation
17:15–17:40	FE-1	EVARM-4: badge reader powerdown
17:30–18:30	CDR	PCS HDD S/W load
17:40–18:15	FE-1	Maintenance of COЖ
18:10–18:15	FE-2	ACS CDMK CO2 read

18:15–18:45	FE-1, FE-2	Daily plan review
18:30–18:45	CDR	Daily plan review
18:45–19:15		Prep for work
19:15–19:30		Daily planning conference
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US procedures

End of radiogram